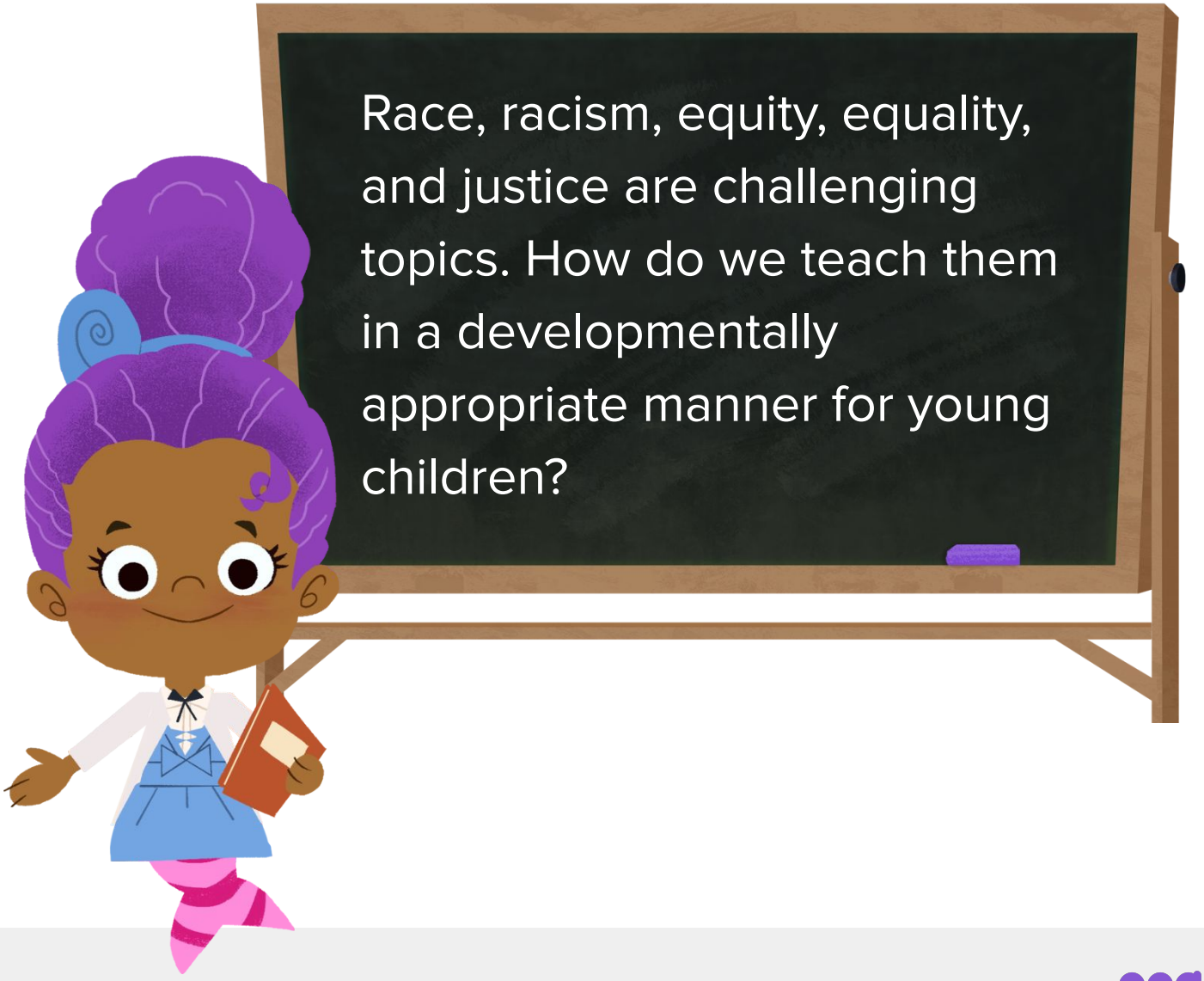
noggin RHYMES through TIMES

Activities for Educators



Race, racism, equity, equality, and justice are challenging topics. How do we teach them in a developmentally appropriate manner for young children?

Search “Rhymes through Times” on YouTube

HERO

MY BEST

WHY WE DANCE

Suggested Activity

First, watch the *Rhymes through Times* episodes with your children. Then, have fun and learn with these activities!

We Are Brave

This activity teaches *Social Emotional skills, Literacy skills,* and *Arts knowledge.*
Let’s make a class book about how we can be brave, just like the heroes from *Rhymes through Times*!

1 **First, have a class discussion and talk about how each hero was brave. For example, ask your children to brainstorm ways that Ruby Bridges showed her bravery. Here are a few ideas:**

She attended a school where she was the only Black child and all of the other children and teachers were white.

Many white people did not want her to go to that school, but she did anyway.

Many people yelled mean things at her and held up mean signs as she walked into the school.

She was only 6 years old!

2 **Then ask the class if they can remember a time when they were brave. Here are some ideas they may share:**

When they got a shot at the doctor’s office.

When they hurt themselves and were not afraid.

When they showed up at school for the first time not knowing anyone.

3 **Have each child draw a picture and write or tell a story about how they were brave.**

4 **Collect these drawings and put them together to create a class book: *We Are Brave*.**

Simplify this activity for younger children:

- Make a mural including each child's story.
- Help children think of a time when they may have been brave. Write the words for them!

Stretch this activity for older children:

- Encourage children to write their own book about their bravery. Instead of one picture, they can tell the story through many pictures and create their own books!

Family Connection

Share with families that the class learned about Black heroes who were brave. For example, Guion Stewart Bluford Jr. was brave because he was the first Black person to travel to space.

Share that the class made a book showing times when they were brave! Suggest that families listen to this read aloud of *The Day You Begin*: https://www.youtube.com/watch?v=oM3DesXftrQ, a story about appreciating everyone's unique experiences, qualities, and cultures. The main character in the story, Angelina, shows that she is brave by being herself and being proud that she is unique—special, like nobody else! Talk with your child about what makes them unique, and encourage them to draw or write these things on paper. Hang up the paper in a place where your child can see it to remind them of what makes them special!

Possible Extension Questions

Keep the conversation going! Here are some ideas:

- How do you think each of the heroes felt as a child when they were told they couldn't do certain things because of the color of their skin?
- How can we be like Alvin Ailey and use movement to tell stories about being kind and fair?
- Why are these heroes important to learn about? What can we learn from them?